

MIX AND MATCH

Choose a vitamin C rich food along with an iron rich plant food to help your body use iron better.

Iron	Vitamin C
Iron enriched cereals	100% Fruit or Vegetable Juice*
Dark Greens	Cabbage
Black Beans	Strawberries
Navy Beans	Broccoli
White Beans	Raw Spinach
Soy Beans	Tomato or Juice
Pinto Beans	Peppers
Lentils	Mixed Fruit*
Kidney Beans	Kiwi
Lima Beans	Grapefruit or Juice
Pumpkin Seeds	Guava or Juice
Sesame Seeds	Orange or Juice

* Vitamin C enriched

NOTES:

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Tennessee Department of Health
Authorization No. 343310
No. of Copies 75000
This document was promulgated
at a cost of \$.03 a copy. 07/00
DH-0025



The Strength of Iron



Iron:

Iron helps your blood carry oxygen to your muscles and body parts. You have more energy and are healthier when you have enough iron in your blood. Children and adults who have adequate iron, learn faster and perform better at school and work.

Everyone needs iron every day.

Sources of iron are:

Lean meat
(beef, pork, wild game)
Kidney, heart, liver, gizzards
Fish and shellfish
Iron enriched cereals
Poultry
Dried peas and beans
Blackstrap molasses



Get on the
healthy track.
Include iron rich
foods in your diet
everyday!



Iron works hard
delivering oxygen
to your moving
parts!

Did You Know?

Iron that comes from meat is used more easily than iron that comes from a plant source.

When you eat iron that comes from a plant source, it is recommended that you also drink or eat food that contains vitamin C. Vitamin C helps your body use iron better.

Cooking in an iron skillet adds small amounts of iron to food.

If an iron supplement has been prescribed, it is important to take it regularly, as directed.

Your body does not absorb all the iron available in the foods you eat when you drink coffee or tea.

Babies that are breastfed or formula-fed receive plenty of iron through the breastmilk or formula up to 1 year.